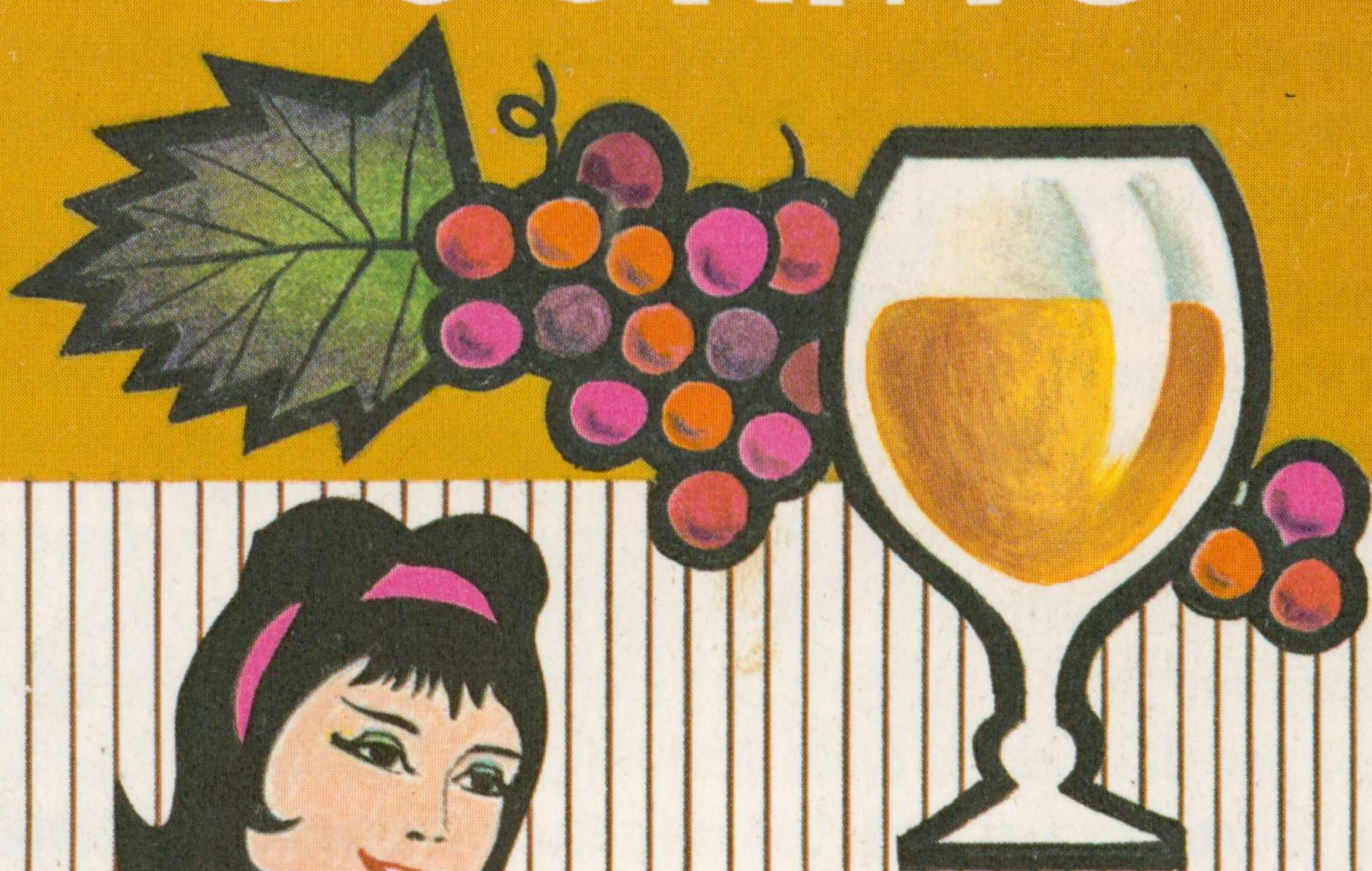


CANADIAN WINE IN YOUR COOKING



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Have you tried Canadian port on half a grapefruit? Or a touch of Canadian sherry in hot soup? Canadian wine makes meals more exciting, gives zest to simple food. Cooking with Canadian wine is fun, it's economical, and it's quick and easy.

There is no mystery about cooking with wine. Wine is an ingredient, not a method of cooking. It is a subtle seasoning agent which accents and enriches food flavours. No other ingredient in the kitchen will bring richer results, for wine rounds out the flavour of most dishes to perfection.

In many cases you don't need a recipe. Just add wine. What wine is best in a dish and how much to use are matters of personal preference, but the wine should blend with other flavours without being obvious.

Canadian wine adds new appeal to favourite old recipes and makes inexpensive dishes special. It gives glamour to the lowly hamburger, makes left-overs something to rave about.

Sherry can flavour almost anything from cheese dips to dessert sauces. Port mixes well with cheese and fruits, can be used to baste ham, flavour puddings and sauces. The red or white table wine you like best to drink with a food is usually the best to use in cooking that food. Use only a small amount in cooking. You can then, if you wish, serve the rest of the bottle at the table.

The whole family can enjoy wine-cooked dishes. The small percentage of alcohol in wine is less than in many flavouring extracts, and it disappears in cooking. Only the essential flavour remains to bring out the goodness of the food.

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This booklet gives brief general hints on using wine in your kitchen, as well as detailed recipes for many interesting dishes. These recipes have been written by Dorothy Allen-Gray, author of the cook book "Fare Exchange", published by Bellhaven House Limited, and food editor of the Toronto Globe and Mail Magazine, in which publication most of these recipes first appeared.

SPREADS, APPETIZERS, SNACKS

For a cocktail spread combine left-over cheeses, grating them and then blending with sauternes, port, sherry or vermouth. Spread on crackers or slices of radish or cucumber; or stuff pieces of celery □ Mix drained sardines with cream cheese, grated onion and dash of tabasco. Moisten with white table wine. Spread on crackers.

Chicken-Almond Pâté (1½ cups)

1½ cups finely minced cooked chicken
¼ cup finely minced onion
⅛ tsp. salt
4 drops Worcestershire sauce

⅓ cup butter
1½ tbsps. Canadian dry sherry
¼ cup slivered toasted almonds
crackers

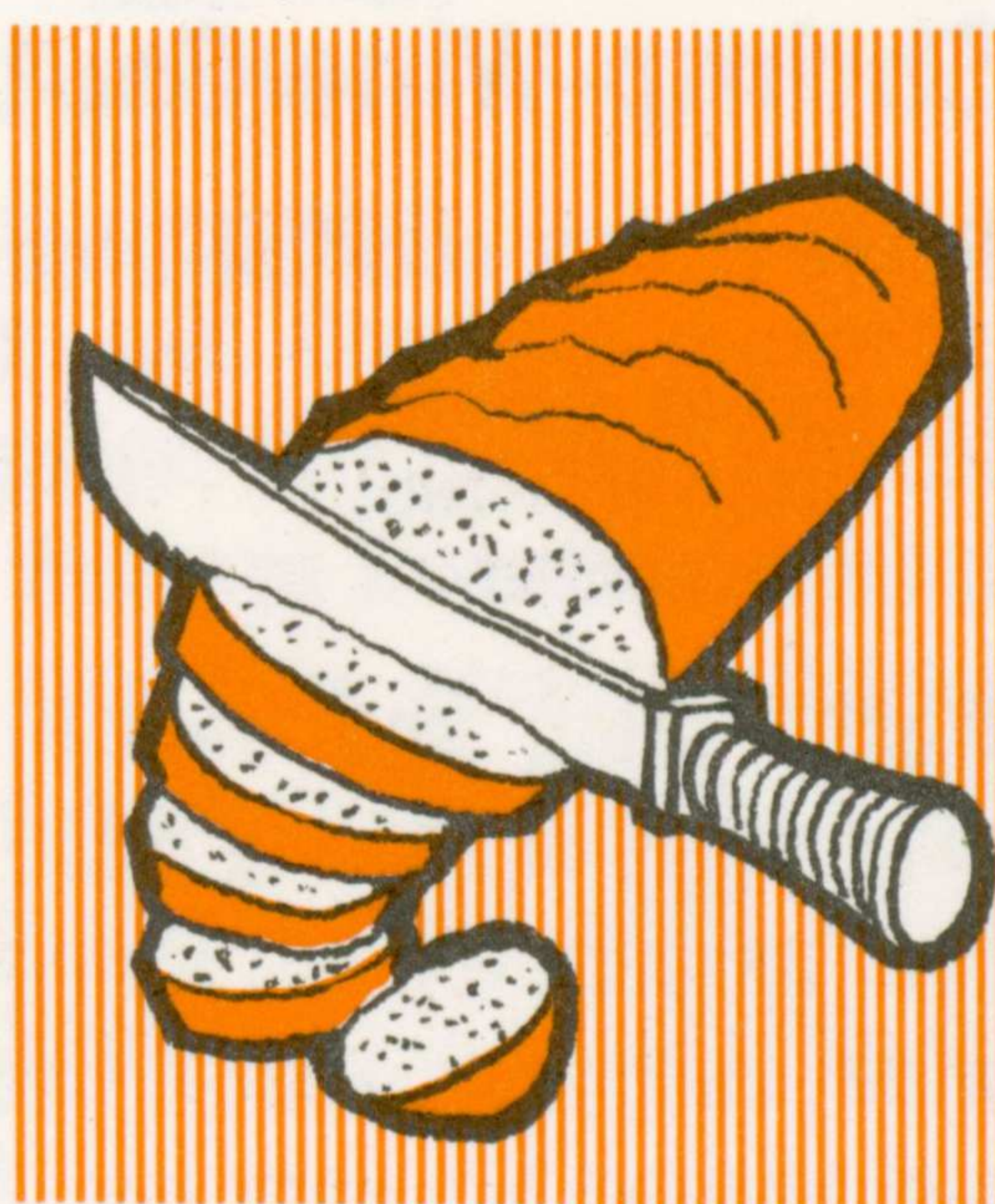
Combine chicken, onion, salt, Worcestershire sauce. Add butter and blend. Blend in sherry. Place in a small bowl and sprinkle with toasted almonds. Use as a spread with crackers.

Crusty Wine Bread

½ cup butter
2 tbsps. Canadian port wine

1 loaf crusty French bread
(20 oz. loaf)

Cream butter until fluffy. Add the port wine, a little at a time, blending it well with the butter. Cut the French bread into 1" thick slices, almost to bottom crust. Spread the wine-butter generously in each cut. Place on rack in shallow baking sheet. Bake in 375-degree oven 15-20 minutes.



Jellied Egg Canapés (24 canapés)

The toasted bread may first be spread with softened butter, anchovy, sardine, shrimp, ham, or lobster paste or mayonnaise before placing aspic egg layer on toast.

2 envelopes unflavoured gelatine
2½ cups chicken broth (use cubes
or seasoned chicken stock)
1 cup Canadian sweet or
cream sherry

¼ tsp. tabasco sauce
24 hard-cooked egg slices
sprigs of parsley
24 toasted bread triangles
or rounds

Pour one cup of chicken broth in small saucepan, sprinkle gelatine over top. Place over medium heat and stir until dissolved. Add remaining chicken broth, sherry, tabasco. Pour one half of mixture into a 15" x 10" x 1" pan or two 8" square pans. Chill until almost firm. Arrange egg slices one inch apart in aspic. Spoon on remaining aspic, being careful to keep egg slices in place and covered with aspic. Top each egg slice with a sprig of parsley. Chill until firm. Cut into rounds, leaving aspic edge on each egg slice. Place on toasted bread triangles or rounds.



Shrimp-Wine Sauté (8 servings)

Serve hot as cocktail-time snack.

1½ pounds shrimp
(fresh or frozen)
4 tbsps. butter

2 cloves garlic
1 cup Canadian dry white table wine
4 tbsps. finely chopped parsley

Wash, shell, and devein shrimp. Heat butter and garlic in blazer pan or chafing dish. Add shrimp and cook for 5 minutes, over moderate heat. Remove garlic and discard. Add dry white wine, chopped parsley. Cook, and stir for 2 minutes, until sauce and shrimp are very hot. Serve immediately on toothpicks.

Port Wine Cheese Spread (about 2 cups)

2 cups grated cheddar cheese
8-oz. package cream cheese
2 tbsps. butter

$\frac{1}{4}$ cup Canadian port wine
dash tabasco sauce

Have cheddar cheese, cream cheese, butter at room temperature. Blend well in a mixing bowl, using fork or pastry blender. Gradually add port wine and tabasco sauce. Beat with an electric mixer until smooth and creamy. Place in bowl, cover and store in refrigerator. Before serving, allow it to come to room temperature so it will spread well. Serve with crackers for the cocktail hour, or serve with toasted crackers and fresh fruit for a dessert.



Broiled Tuna Sandwiches (4 servings)

7-oz. can tuna
 $\frac{1}{4}$ cup chopped cucumber
 $\frac{1}{4}$ cup diced celery
 $\frac{1}{4}$ cup sliced stuffed olives
 $\frac{1}{3}$ cup mayonnaise

10 $\frac{1}{2}$ -oz. can condensed cream of mushroom soup
 $\frac{1}{2}$ cup Canadian dry sherry
1 cup shredded cheddar cheese
4 slices bread
paprika

Drain tuna, and flake. Add chopped cucumber, celery, olives, mayonnaise to flaked tuna and mix well. Combine mushroom soup, sherry, in top part of double boiler. Add cheese, and cook over hot water until cheese melts. Remove from heat and stir until well blended. Toast bread on one side, arrange slices on baking pan, untoasted side up. Heap tuna mixture on each slice and pour cheese-mushroom sauce over. Broil until cheese is bubbly and lightly browned. Sprinkle with paprika and serve immediately.

SOUP

Improve any hot soup by adding 1 or 2 tablespoons of wine per serving shortly before removing from heat. Clear soups—dry sherry or red table wine; chicken soup and creamed soups—dry sherry or white table wine. To cold or jellied soups add dry sherry.

Wine-Chicken Noodle Soup (4-5 servings)

1 package chicken noodle mix
 $\frac{1}{4}$ tsp. onion powder
pinch garlic powder

$\frac{1}{2}$ cup grated mild cheese
(Swiss-type)
 $\frac{1}{2}$ cup Canadian dry white table wine

Prepare chicken noodle soup mix according to directions on package, adding onion powder and garlic powder. Place grated cheese and dry white wine in top part of double boiler. Stir over hot water until cheese is completely melted. Serve chicken noodle soup with 1 tablespoon of melted cheese mixture in each soup bowl.

Crabmeat Special Cream Soup (6-8 servings)

$10\frac{1}{2}$ oz. can cream of mushroom soup
 $10\frac{1}{2}$ oz. can cream of asparagus soup
2 cups milk
 $7\frac{1}{2}$ oz. can crab meat

$\frac{1}{8}$ tsp. Worcestershire sauce
3 tbsps. Canadian dry
sherry
 $\frac{1}{2}$ cup cream, whipped

Combine mushroom, asparagus, soup with milk and heat. Add crab meat, Worcestershire sauce. Stir in sherry, heat piping hot. Stir in whipped cream and serve immediately.

Sherried Consommé (8 servings)

2 cans condensed consommé
($10\frac{1}{2}$ oz. each)
2 soup cans water (21 ounces)
 $\frac{1}{3}$ cup Canadian dry sherry
finely chopped parsley

Combine condensed consommé with water. Bring to boiling point and add sherry. Garnish with parsley and serve at once.



SALADS

Blend white table wine with fruits, mayonnaise and gelatin for wonderful jellied salads. □ Liven salad dressings with red table wine, mayonnaise with white table wine.

Salmon Salad Molds on Tomatoes (4 servings)

Serve with potato salad and buttered rye or pumpernickel bread.

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| 15½ oz. can pink salmon | 1 tbsp. chopped canned pimiento |
| 3 tbsps. Canadian dry white table wine | ⅛ tsp. seasoned salt |
| 1 tbsp. salad oil | 2 ripe tomatoes, peeled and cut in half, crosswise |
| 1 tbsp. white wine vinegar | crisp lettuce |
| ¼ tsp. soy sauce | mayonnaise |
| 1 tsp. chopped green onion | stuffed olives |

Drain salmon. Remove any skin and bones. Flake with a fork. Place in bowl. Add wine, salad oil, vinegar, soy sauce, onion, pimiento, seasoned salt. Toss lightly with a fork. Pack into 4 custard cups. Chill 4 hours in refrigerator. Unmold each salad on peeled tomato half. Arrange on crisp lettuce. Garnish each serving with mayonnaise, topped with a stuffed olive.



Apple Salad Mold (4 servings)

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| 3-oz. package lemon flavoured jelly powder | salt |
| 1 cup boiling water | 2 medium size apples, shredded |
| ¼ cup fresh orange juice | salad greens |
| ½ cup Canadian cream sherry | ¼ cup finely chopped walnuts |
| | ½ cup mayonnaise |

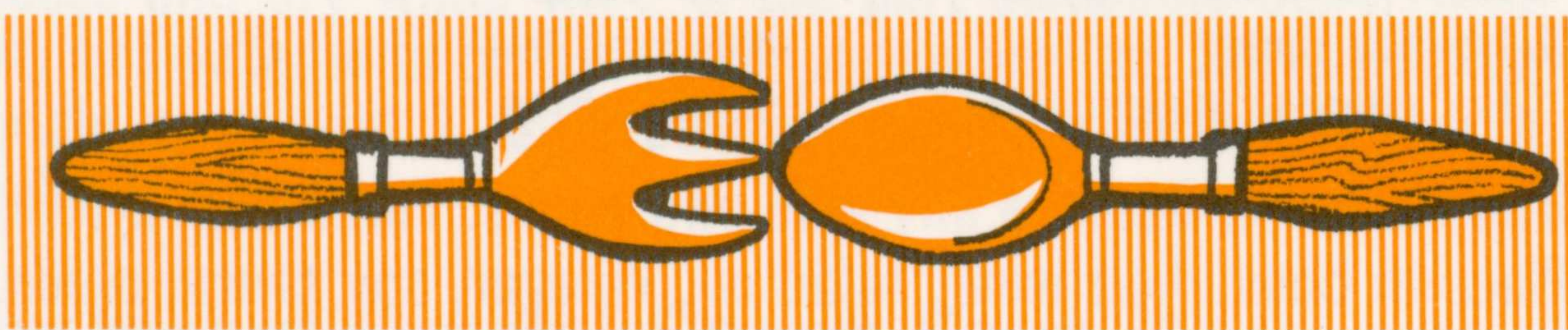
Dissolve jelly powder in hot water. Add orange juice, sherry, and a dash of salt. Chill in refrigerator until mixture begins to thicken. Peel, core, and shred apples. Fold into thickened jelly mixture. Pour into a 1-quart mold and chill until firm. Unmold on salad greens. Fold chopped walnuts into mayonnaise and serve with salad.

Blue Cheese Salad Mold (8 four-ounce servings)

1 envelope unflavoured gelatine
 $\frac{1}{4}$ cup cold water
8-oz. package cream cheese
 $\frac{1}{4}$ cup milk
 $\frac{1}{2}$ cup mayonnaise
 $\frac{1}{4}$ cup Canadian white
table wine

$\frac{2}{3}$ cup crumbled blue cheese (about
4 ounces)
2 tbsps. chopped walnuts
1 tbsp. chopped celery
1 tbsp. chopped stuffed olives
1 cup cream, whipped
chilled salad vegetables

Soften gelatine in cold water. Dissolve over hot water. Cool slightly. Allow cream cheese to soften at room temperature, then beat until light and fluffy. Gradually blend in milk, mayonnaise, wine, crumbled blue cheese. Add cooled gelatine and blend. Add walnuts, celery, olives. Fold in whipped cream. Turn into oiled 1-quart mold or 8 four-ounce individual molds. Chill until firm. Unmold and serve with chilled salad vegetables.



Mandarin Chicken Salad (8 servings)

3 cups diced cooked chicken
 $\frac{1}{2}$ cup Canadian dry white
table wine
1 tbsp. lemon juice
1 tsp. chopped parsley
 $\frac{1}{2}$ tsp. minced onion
 $\frac{1}{8}$ tsp. sweet basil
 $\frac{1}{8}$ tsp. chervil

$\frac{1}{8}$ tsp. tarragon
11-oz. can mandarin oranges, drained
1 tsp. salt
1 cup diced celery
 $\frac{1}{2}$ cup chopped blanched almonds
sour cream dressing
salad greens

Place diced chicken in 1-quart jar, with lid. Combine wine, lemon juice, parsley, onion, basil, chervil, tarragon. Add to chicken in jar. Cover with lid, shake lightly to blend. Place in refrigerator for 24 hours, shaking occasionally. Remove chicken, drain, then combine with mandarin oranges cut in small pieces, salt, celery, chopped almonds, tossing lightly. Lightly fold in sour cream dressing. Serve on salad greens.

Sour Cream Dressing

4-oz. package cream cheese
1 cup commercial sour cream
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon sugar
dash tabasco sauce

Soften cream cheese with a fork, blend in sour cream, salt, sugar, and tabasco. Add to chicken salad.

FISH AND SEAFOOD

Marinate fish for 1 to 2 hours in dry white wine. Baste with left-over marinade. Serve with the same white wine as a beverage.

Creamed Tuna on Rice (4 servings)

10½-oz. can condensed cream of chicken soup
⅓ cup Canadian white table wine
1 tbsp. butter
½ tsp. curry powder

7-oz. can solid pack tuna, drained and flaked
2 hard-cooked eggs, chopped
2 tbsp. finely chopped parsley
3 cups hot, cooked rice

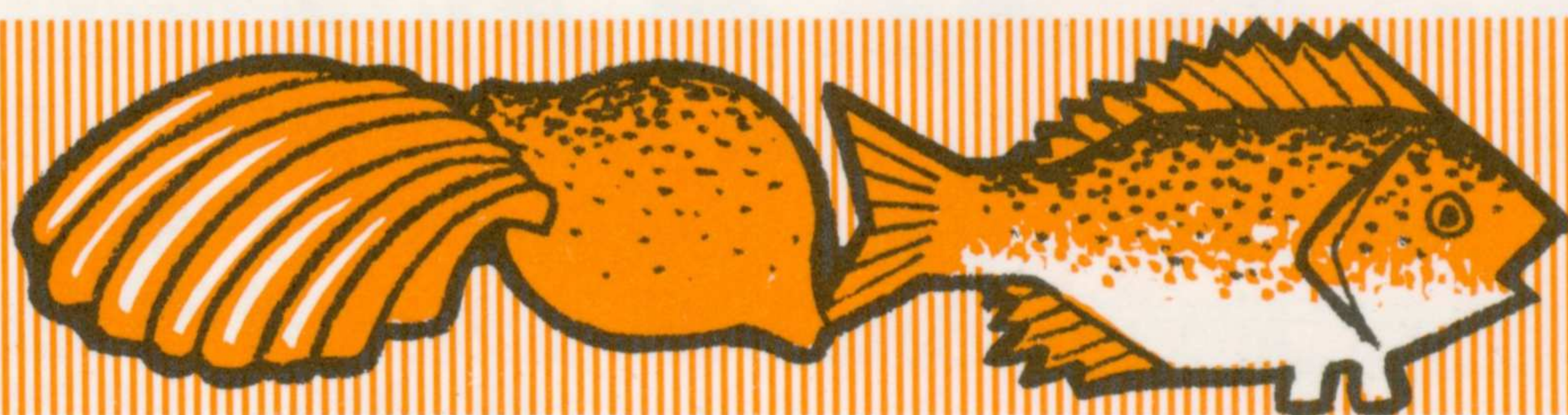
Blend chicken soup and wine. Add butter, curry powder and heat in saucepan. Add flaked tuna, chopped eggs, parsley. Heat until piping hot and serve over hot rice.

Shrimp and Crab Curry (6 servings)

2 tbsps. butter
1 tbsp. salad oil
1 small onion, sliced
½ pound mushrooms, sliced
1 tbsp. lemon juice
1 tbsp. curry powder
1 tsp. ground ginger
4 tbsps. all purpose flour
2 cups chicken stock or broth
(use cubes or chicken stock base)

salt and pepper to taste
¼ cup Canadian dry sherry
2 cups crabmeat (fresh, frozen or canned)
2 cups cooked shrimp (fresh, frozen or canned)
1 small cucumber (peeled, seeded and cut in cubes)
hot rice

Using a heavy skillet, heat butter and salad oil, add onions and sauté until just tender but not browned. Add mushrooms, sprinkle with lemon juice and cook gently until mushrooms are just tender. Add curry powder, ginger, flour, and cook, stirring constantly, until well blended. Add chicken stock slowly, stirring until thickened and smooth. Add salt and pepper to taste. Stir in sherry. (You may refrigerate sauce at this point.) Add crabmeat, shrimp, cucumber, and heat until piping hot. Keep hot in chafing dish. Serve with hot rice.



Sherry-Baked Salmon Steaks (4 to 6 servings)

2 pounds salmon steaks,
fresh or frozen

$\frac{1}{2}$ tsp. salt

$\frac{1}{8}$ tsp. black pepper

$\frac{1}{4}$ cup all purpose flour

2 tbsps. shortening

2 tbsps. butter

$\frac{1}{2}$ cup Canadian dry sherry

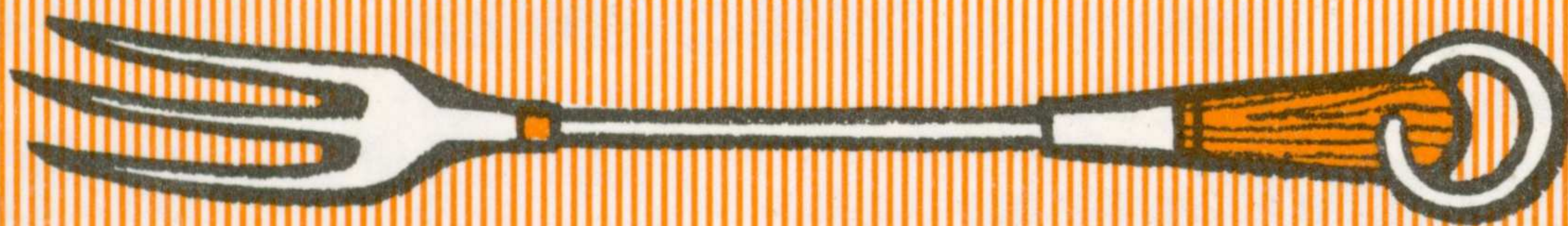
1 cup commercial sour cream

$\frac{1}{2}$ tsp. dried dill weed

$\frac{1}{4}$ cup finely chopped onion

1 tbsp. finely chopped green pepper
salt

Sprinkle salmon steaks with salt and pepper, dredge with flour. Heat butter and shortening in flameproof shallow casserole and quickly brown salmon steaks on both sides. Add sherry, cover casserole and bake in 400-degree oven for ten minutes. Blend sour cream, dill weed, onion, green pepper. Add salt to taste. Remove cover from casserole and top salmon steaks with sour cream mixture. Bake, uncovered, 15 minutes longer, or until salmon is done (the flesh flakes easily when tested with a fork) and topping is lightly browned.



Stuffed Fish Fillets in Wine (6 servings)

$2\frac{1}{2}$ cups dry bread cubes
(about 5 slices)

3 tbsps. grated mild cheddar
cheese

1 lemon, peeled and sliced thin

2 tbsps. chopped onions

1 tbsp. chopped parsley

$\frac{1}{4}$ tsp. salt

$\frac{1}{8}$ tsp. pepper

$\frac{1}{8}$ tsp. ground allspice

1 tbsp. melted butter

$\frac{1}{2}$ cup Canadian dry white table wine

2 pounds fish fillets, fresh or frozen
(cod, haddock, or perch)

If fillets are frozen, thaw until they may be separated. Place bread cubes and grated cheese in bowl. Peel lemon, cut in half, then cut into very thin slices. Discard seeds. Add to bread cubes and cheese together with onions, parsley, salt, pepper, allspice. Toss lightly with fork until well blended. Place layer of fillets in bottom of well greased shallow baking dish. Spread stuffing over fillets. Top with remaining fillets. Brush with melted butter. Add wine. Bake in 350-degree oven, 35 minutes, or until fish flakes easily when tested with a fork.

POULTRY

Baste roasting chicken with white table wine; turkey, goose or duck with red table wine. □ Combine wine with the stuffing. □ Add $\frac{1}{2}$ cup white table wine to frozen chicken a la king while cooking.

Curried Chicken with Almonds (6 servings)

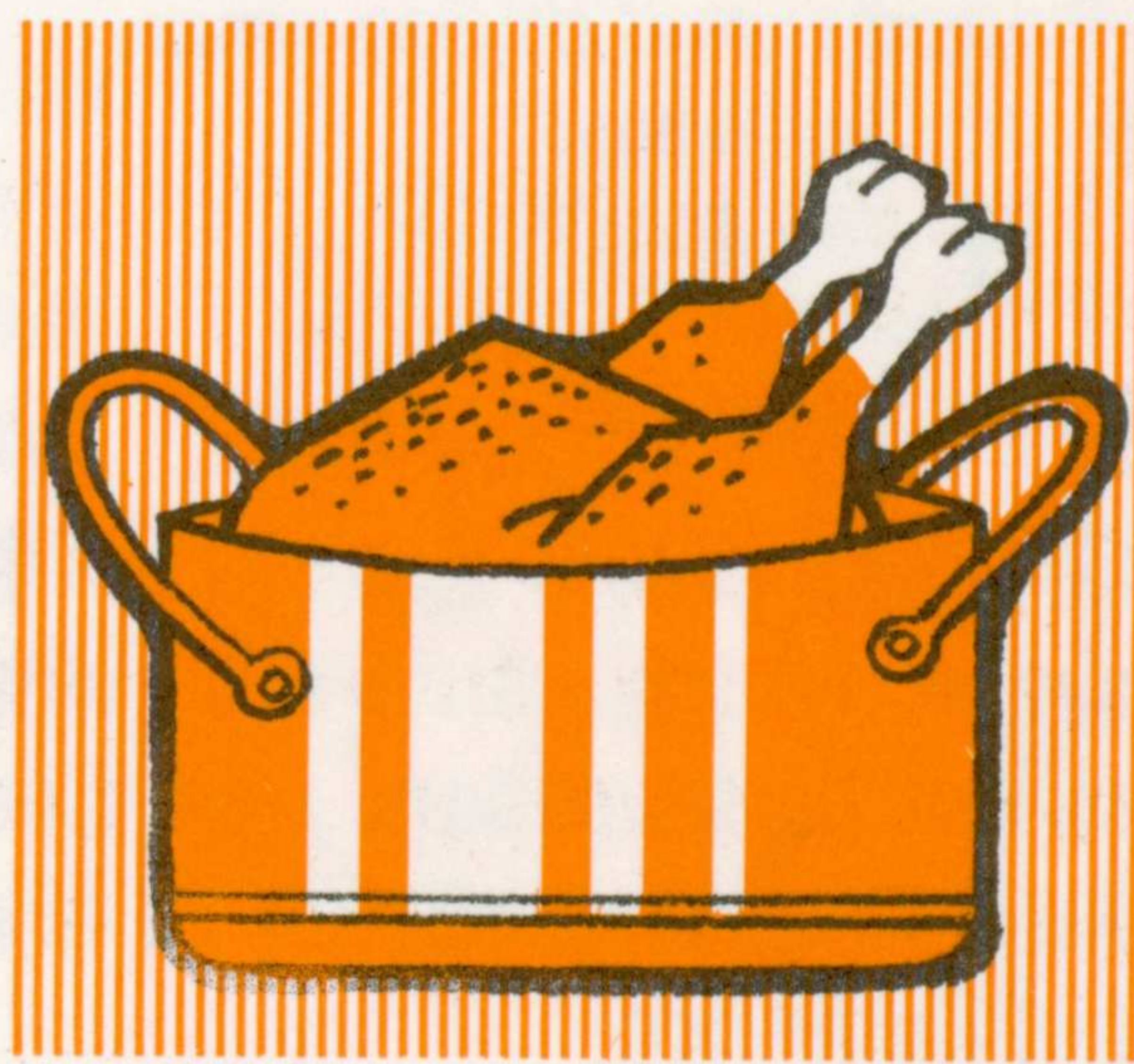
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| $\frac{1}{3}$ cup seedless raisins | 1 tbsp. curry powder |
| $\frac{1}{2}$ cup Canadian dry white table wine | $1\frac{1}{2}$ cups diced cooked chicken |
| 10 $\frac{1}{2}$ -oz. can condensed cream of chicken soup | $\frac{1}{3}$ cup blanched chopped almonds |
| 1 cup water | 6 cups hot, cooked rice |

Soak raisins in the wine for 15 minutes. Combine soup, water, curry powder in saucepan. Stir well over low heat until mixture reaches boiling point. Blend in raisins and wine. Add diced cooked chicken, chopped almonds. Mix well, heat to boiling point, and serve over hot, cooked rice.

Chicken with Cabbage (6 servings)

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| 3 $\frac{1}{2}$ pound chicken | 3 tbsps. butter |
| $\frac{1}{2}$ lemon | 3 cups shredded raw cabbage |
| 1 cup Canadian white table wine | 1 onion, finely chopped |
| $\frac{1}{2}$ cup water (or more) | $\frac{1}{2}$ tsp. freshly ground black pepper |
| 1 $\frac{1}{2}$ tsps. salt | 1 tbsp. lemon juice |

Rub chicken with half a lemon, then cut into serving pieces. Place in kettle, add wine, water, salt. Bring to boil, reduce heat and simmer, covered, for 1 hour, adding a little more water, from time to time, if necessary. Heat butter in large skillet. Add cabbage and onion. Sauté in butter, over medium heat, for 5 minutes. Reduce heat. Add pepper, lemon juice. Add chicken pieces from kettle. Cover skillet and simmer over low heat for 15 minutes.



Baked Chicken Rosé (4 servings)

2½ pound frying chicken
¼ cup butter
salt and pepper
9 oz. package frozen artichoke hearts
¼ cup thinly sliced green onions,
including tops

1 cup sliced fresh mushrooms
1 cup chicken broth
2 tbsps. butter
2 tbsps. flour
½ cup Canadian still rosé wine

Cut chicken into serving pieces. Melt butter in shallow baking pan. Place chicken pieces snugly in a single layer, skin side down on baking pan. Sprinkle with salt and pepper. Bake, uncovered, in 350-degree oven for 45 minutes or until almost tender. Meanwhile, cook artichoke hearts according to package directions, drain. Slice onions, slice mushrooms. Heat chicken broth (using chicken cubes or chicken stock base). Blend flour and butter with finger tips or wooden spoon and sprinkle into chicken broth. Cook, stirring constantly, until blended and thickened. Stir in still rosé. Remove chicken from oven, turn pieces over, sprinkle with chopped onions, sliced mushrooms, artichoke hearts. Pour sauce over all. Return to oven, reduce heat to 325-degrees and bake 25 minutes longer.



Braised Chicken Wings (8 servings)

3 pounds small chicken wings
¼ cup brown sugar
1 tsp. chili powder
2 tsps. salt
¼ cup lemon juice

1 cup tomato sauce or purée
1 cup water
1 cup Canadian sauternes
2 tbsps. Worcestershire sauce
hot fluffy rice

Combine brown sugar, chili powder, salt, lemon juice, tomato sauce, water, sauternes, Worcestershire sauce in large heavy skillet or saucepan. Add chicken wings, cover, bring to boil, then simmer gently for 25 minutes, or until tender. Serve with hot fluffy rice.

MEATS

Baste roast beef with red table wine, lamb with white table wine. □ Tenderize meats for several hours in a marinade of 2 cups dry white or red table wine, $\frac{1}{2}$ cup cooking oil, 1 grated onion, pepper. □ Pour red wine over hamburger patties or broiled steaks while cooking. □ Substitute red wine for a cup of the liquid added to a pot roast or stew.

Veal Scallops with Vermouth (4 servings)

2 pounds veal cutlets
salt and pepper
 $\frac{1}{4}$ cup all purpose flour
2 tbsps. butter
2 tbsps. salad oil

1 medium onion, finely chopped
 $\frac{1}{2}$ cup Canadian sweet vermouth
1 tsp. tomato paste
 $\frac{1}{8}$ tsp. powdered mace

Flatten meat with wooden mallet or meat cleaver until it is not more than $\frac{1}{8}$ " thick. Cut into serving pieces. Sprinkle with salt and pepper and dredge with flour. Heat butter and salad oil in skillet. Add chopped onion. Add veal scallops and brown lightly on both sides. Add sweet vermouth. Cover skillet and simmer about 5 minutes. Stir in tomato paste, mace. Heat well and serve with lemon quarters, rice, garlic string beans or creamed spinach.

Braised Beef Liver (4 servings)

1 cup diced salt pork
1 small onion, minced
1 pound sliced beef liver
 $\frac{1}{8}$ tsp. dried thyme
 $\frac{1}{2}$ bay leaf
1 tbsp. grated orange rind

$\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
 $\frac{3}{4}$ cup Canadian dry red table wine
10 $\frac{1}{2}$ -oz. can bouillon
1 tsp. cornstarch, blended with
2 tbsps. water

Cook diced salt pork and onion in heavy skillet until onion is just tender. Push onion and salt pork to one side and lightly brown liver slices on both sides. Add thyme, bay leaf, orange rind, salt, pepper, wine, bouillon. Cover skillet and simmer liver for 20 minutes. Stir in cornstarch blended with water and cook until thickened. Serve hot.



Red Wine Meatballs (4 servings)

1 pound ground beef
½ cup fine dry breadcrumbs
3 tbsps. finely chopped onion
1 tsp. cornstarch
⅛ tsp. allspice
1 egg
¾ cup cream (18%)
¾ tsp. salt

2 tbsps. salad oil
3 tbsps. flour
10½-oz. can beef bouillon
2¼ cups water
⅛ tsp. black pepper
1 cup Canadian red table wine
salt to taste

Combine ground beef, bread crumbs, onion, cornstarch, allspice, tossing lightly with a fork until blended. Beat egg slightly, add cream and salt and blend. Add to meat mixture and mix lightly. Shape into 1½ inch balls. Heat salad oil in skillet, add meat balls and brown on all sides. Remove meat balls and reserve. Add flour to drippings in skillet and blend. Add beef bouillon, water, pepper, red table wine and cook, stirring constantly, until thickened and smooth. Add salt to taste. Add meat balls, cover skillet and simmer 20 minutes. Serve with whipped potatoes.

Ham Slice in Wine-Mushroom Sauce (4 servings)

2 pound slice fully cooked ham
(1½ to 2 inches thick)
1 tsp. dry mustard
½ tsp. ground ginger
½ cup Canadian dry white table wine
2 tbsps. salad oil

3 tbsps. butter
1 medium size onion, chopped
1 cup sliced mushroom
3 tbsps. flour
1½ cups milk
salt to taste

Place ham slice in shallow dish. Blend mustard, ginger and wine. Pour over ham. Marinate in refrigerator for 1 hour, turning occasionally. Drain ham slice, reserve marinade. Heat salad oil in large skillet and sauté ham slice until brown on both sides, then remove from skillet and set aside. Pour all fat from skillet. Melt butter in same skillet, and sauté onion until just soft. Add mushrooms and cook 2 minutes. Blend in flour, then very slowly stir in milk. Cook slowly, until smooth and thickened, stirring constantly. Stir in reserved marinade. Place ham slice in sauce, heat thoroughly and serve.



CASSEROLES

Devilled Crab (6 servings)

3 cups cooked crab meat
¼ tsp. mace
¼ tsp. dry mustard
¼ tsp. powdered cloves
¼ tsp. salt
⅛ tsp. pepper

dash tabasco sauce
1 tbsp. melted butter
1 egg yolk, beaten
½ cup Canadian dry sherry
1 egg white, beaten stiff

Flake crab meat in a mixing bowl. Add mace, mustard, cloves, salt, pepper and tabasco sauce. Mix with a fork. Stir in melted butter and beaten egg yolk. Add sherry. Fold in stiffly beaten egg white. Spoon the mixture into 6 greased individual shells, or baking dishes. Bake in 350°F. oven for 30 minutes, until lightly browned and hot.

Veal with Noodles (6 servings)

4 cups diced cooked veal
1 tbsp. finely chopped onion
1 clove garlic, crushed
1 tsp. salt
¼ tsp. pepper
⅛ tsp. rosemary
¼ cup salad oil
1 tbsp. tomato purée

2 tbsps. lemon juice
8-oz. package noodles, cooked
¼ cup sliced pimiento olives
1 cup sliced fresh mushrooms
1¾ cups chicken broth
¼ cup Canadian dry white table wine
1 cup shredded cheddar cheese

Combine veal, onion, garlic, salt, pepper, rosemary, salad oil, tomato purée, lemon juice in a skillet. Let stand 30 minutes to blend flavours. Cook noodles according to directions on package. Drain, then combine with sliced olives, mushrooms, chicken broth, wine. Heat veal mixture in skillet over medium heat, for 10 minutes, stirring lightly. Add noodle mixture and mix thoroughly. Pour into shallow casserole, 11" x 7" x 1½" sprinkle with cheese. Bake in 350-degree oven 45 minutes.



Pork Chops with Sauerkraut (4 servings)

4 pork shoulder chops—
1/2" thick

28-oz. can sauerkraut

4 slices bacon, halved

4 frankfurters, sliced

1/2 tsp. coriander seeds

1/4 tsp. black pepper

1/2 cup Canadian dry white table wine

4 medium potatoes, pared, quartered

2 carrots, scraped, sliced

Drain sauerkraut, place one half of it in the bottom of a heavy skillet or Dutch oven. Place shoulder pork chops on top of sauerkraut and top with half of bacon slices. Add remainder of sauerkraut, top with sliced frankfurters, remainder of bacon. Sprinkle with coriander seeds, black pepper. Add wine. Simmer, covered, for 1 hour. Top with quartered potatoes and sliced carrots. Simmer, covered, for 40 minutes longer.



Rice with Wine and Cheese (4 servings)

4 tbsps. butter

1 onion, sliced

2 cups long-grained rice

4 tbsps. Canadian dry white
table wine

4 cups chicken bouillon

1/8 tsp. powdered saffron

OR, 1/4 tsp. saffron shreds or stamens

4 tbsps. grated parmesan cheese

1 cup diced cooked chicken

1 cup chicken bouillon, if necessary
salt and pepper to taste

Melt butter in Dutch oven or heavy skillet. Add onion and cook until tender. Add rice and cook until transparent, about 5-8 minutes, stirring to prevent burning. Add wine, let it bubble up and reduce somewhat, then add 1 cup chicken bouillon. Stir frequently, and continue cooking over medium high heat. Dissolve saffron in 1/2 cup of the bouillon, allow to stand 5 minutes. Strain (if stamens are used), then add strained liquid to rice. Stir well. Gradually add remainder of bouillon as rice absorbs it. When rice has cooked 30 minutes, add grated cheese, and continue stirring. Add cooked chicken. Add additional bouillon if rice becomes too dry, cooking 15 minutes longer, or until rice is tender. Add salt and pepper to taste. Sprinkle with cheese and serve.

VEGETABLES

Brighten vegetable dishes with wine sauces . . . a cheese and sherry sauce with omelet or potatoes, for instance □ Marinate celery, raw carrots or turnips in wine for $\frac{1}{2}$ hour before serving □ Beat white wine and a little cream into mashed potatoes with butter and seasoning. Sprinkle with grated cheese and brown under broiler.

Sautéed Mushrooms with Sherry (4 servings)

2 cups sliced fresh mushrooms
3 tbsps. butter
2 tbsps. Canadian dry sherry
1 tsp. fresh lemon juice

1 tbsp. finely chopped fresh dill
(OR— $\frac{1}{2}$ tsp. dried dill weed)
 $\frac{1}{4}$ tsp. salt.

Sauté mushrooms in butter over low heat until moisture from mushrooms begins to evaporate. Increase heat and sauté until lightly browned, stirring frequently. Add sherry, lemon juice, dill, salt. Heat and serve piping hot.

Baked Onions in Wine Sauce (6 servings)

$1\frac{1}{2}$ pounds small cooking onions (about 12)
 $\frac{1}{2}$ cup canned consommé
 $\frac{1}{2}$ cup Canadian white table wine
1 tsp. prepared mustard
1 tsp. granulated sugar
 $\frac{1}{8}$ tsp. Worcestershire sauce

$\frac{1}{4}$ tsp. paprika
 $\frac{1}{4}$ tsp. salt
2 tbsps. butter

Peel onions and leave whole. With a sharp knife, cut a small cross about $\frac{1}{4}$ " deep in stem end of each, to help prevent onions falling apart during baking. Arrange in one layer in a greased shallow baking dish. Combine consommé, wine, mustard, sugar, Worcestershire sauce, paprika, salt, and spoon over onions. Dot with butter. Cover casserole and bake in 350-degree oven for 30 minutes. Turn onions over, spoon sauce over them, cover and bake 30 minutes longer, or until tender.



DESSERTS

Marinate fresh, canned or frozen fruits in wine and chill. Pour sherry over grapefruit or pineapple; port over fresh strawberries; white wine over peaches. Use 1 tbsp. per serving □ Add sherry or port to whipped cream toppings □ Stir 2 tbsps. port into hot applesauce and serve over gingerbread □ For delicious trifle sprinkle sherry generously over sponge cake or lady fingers. Add layer of sliced peaches, layer of boiled custard and blanket of whipped cream. Serve at room temperature □ Flavour gelatin desserts with red or white table wines substituted for $\frac{1}{2}$ the water □ Use white wine or sherry instead of $\frac{1}{2}$ the liquid in preparing cake, pudding, cooky, or pie-filling mix. □ Add 2 tbsps. port to your fruit-cake recipe.

Rosé Pears (6 servings)

20-oz. can pear halves
 $\frac{1}{4}$ cup granulated sugar
2 tps. grated orange rind

3-inch cinnamon stick
1 tbsp. fresh lemon juice
 $\frac{1}{2}$ cup Canadian still rosé wine

Drain pears, reserve syrup. Combine syrup, sugar, orange rind and cinnamon stick in small saucepan. Bring to boil and continue boiling until liquid is reduced to $\frac{1}{2}$ cup. Remove from heat. Cool. Blend lemon juice and rosé wine into cooled syrup. Pour over pears. Chill thoroughly in refrigerator before serving.

Strawberry Parfait Dessert (6 servings)

11-oz. package frozen strawberries,
slightly thawed
1 package instant vanilla pudding mix
2 tbsps. Canadian port wine

$1\frac{7}{8}$ cup milk
(2 cups minus 2 tablespoons)
whipped cream
whole strawberries for garnish

Combine port wine and milk in bowl. Add instant pudding mix and beat until well blended. Chill. Fill 6 chilled parfait glasses with alternate layers of pudding mix and slightly-thawed frozen strawberries. Top with whipped cream, garnish with strawberries and serve.



Bananas and Pineapple in Port (6 servings)

1 cup undrained crushed pineapple
½ cup brown sugar,
firmly packed
½ cup Canadian port wine

1 cinnamon stick
5 whole cloves
6 ripe bananas
whipped cream

Combine crushed pineapple, brown sugar, port wine, cinnamon stick, whole cloves in a saucepan. Simmer over low heat for 10 minutes. Peel bananas, cut in halves, crosswise. Add to pineapple-wine mixture. Simmer 8-10 minutes, or until bananas are tender. Cool, and chill in refrigerator. Serve with whipped cream.

Light Christmas Cake (8 pounds)

2 pounds bleached sultana raisins
1 pound shredded coconut
½ pound chopped citron peel
½ pound candied cherries, halved
½ pound blanched almonds, halved
1 cup all purpose flour
½ cup Canadian sweet sherry
1 cup butter

2 cups fruit or berry sugar
6 eggs
1¼ cups all purpose flour
2 tsps. baking powder
1¼ cups crushed pineapple
(not drained)
1 tsp. vanilla extract
1 tsp. almond extract

Combine raisins, coconut, citron, cherries, almonds. Dredge with flour, pour sweet sherry over them. Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating after each addition. Sift flour, baking powder together and add to butter-egg mixture alternately with crushed pineapple. Add vanilla and almond extracts. Add fruit and nuts and combine well. Pour into two 8" x 8" x 4" pans that have been lined with 2 thicknesses of well greased brown paper. Bake in 275-degree oven for 3 hours.

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